

## ARCADIA MH TEAM WINS 2015 RACE AROUND THE WORLD CHALLENGE



Congratulations to Nu Chau, Wendy Dang, Fernando Landeros and Alice Xiao from the **Arcadia Mental Health Varsity Team** for winning first place for the Department of Mental Health in the 2015 Race Around the World Challenge! How did they do it?

Nu walked before work, during her work breaks, during lunch, after work, at home, on weekends, and probably during her sleep. She averaged 13,000+ steps per day and became so fast that it was common to see people running after her.



Wendy danced 6 hours per week during rehearsals for her Chinese folk dance performance. She was also frequently seen twirling and moving gracefully with ribbons in the lunch room.



Fernando trained for and ran two marathons. He ran to work, ran home from work, and ran back to work the next day. Because there are no showers at Arcadia Mental Health, he carried a backpack full of clean clothes and ample deodorant.



Alice hiked nearly all the trails in the San Gabriel Mountains, backpacked the Eastern Sierra Nevada, and spent one week trekking the Inca Trail in Machu Picchu.



Together, they walked, danced, ran, and hiked over six million (6,000,000) steps (that's 3,000+ miles!) during the challenge period of 5/4/2015 to 7/26/2015 for health and fitness. Congratulations again for being a team of champions!